



# SUDBURY SENIOR CENTER

## COUNCIL ON AGING

Town of Sudbury, Massachusetts

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**Senior Center hours:** Monday through Friday, 9:00 AM to 4:00 PM

**Van Service Hours:** Monday through Friday, 8:30 AM to 3:30 PM

Website: [sudburyseniorcenter.org](http://sudburyseniorcenter.org)

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The Sudbury Senior Center offers a variety of programs and services to assist seniors as they work to maintain their independence in the community. Many services are provided **free of cost**. Some request a donation, and for those which require a fee scholarships are sometimes available. Senior Center programs are primarily for people 60 and older, but we also serve younger people and people with disabilities.

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Monday** through **Friday** from **8:30 AM** to **4:00 PM**. On two Mondays each month we provide transportation to a shopping location outside of Sudbury. Van service is available to seniors and people with disabilities who live in Sudbury. **New Riders** must complete a MetroWest Regional Transit Authority (MWRTA) application and send a check (to MWRTA) to set up an account for van donations. Applications can be mailed or emailed. Please call the Senior Center at (978) 443-3055 or MWRTA at (508) 820-4650 for more information.

Once you have an account, schedule a ride by calling the MetroWest Regional Transit Authority (MWRTA) Reservation Center at (508) 820-4650 at least 48 business hours in advance. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2.00** each way for out-of-town trips.

\*As of May 2016, we are offering on a part-time, temporary basis, transportation between 4:00-7:00 PM on Tuesdays and Thursdays. We also are offering transportation to the Boston Hospital Shuttle heading out of Framingham on Tuesday mornings. These rides are offered between 7:00 and 7:30 AM.

**F.I.S.H. (Friends in Service Helping):** When family and friends are unavailable, volunteers drive people needing rides to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Seniors may leave their requests on the answering machine, and the F.I.S.H. coordinator will return their call.

### MEDICAL EQUIPMENT LOAN CLOSET:

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane, etc., the Senior Center can provide the item on temporary or permanent basis at no charge. Please call and leave a message for Volunteer Coordinator Ed Gottmann and he will return your call. You may also email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## CONSULTATION

**Information and Referral:** Ana Cristina Oliveira, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays -Fridays** from **9:00 to 4:00**. You may reach her at **(978) 443-3055**.

**Health Insurance, Tax, and Legal Assistance:** Through specially trained volunteers, seniors can get assistance in managing their health insurance (called the SHINE program), completing their income taxes (sponsored by AARP in the spring), and understanding their legal affairs (with a volunteer Elder Law Attorney). Appointments can be scheduled by calling **978-443-3055** and asking for the appropriate program.

## IN-HOME SERVICES

Through the devoted services of many volunteers, the Senior Center offers a variety of in-home assistance, listed below. As well as providing support for seniors, these programs offer meaningful volunteer opportunities for people of all ages.

**Friendly Visitor Program:** Seniors who can't get out are matched with a volunteer for weekly informal visits.

**In-Home Fix-It Program:** Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

**Shopping service:** Seniors who need assistance shopping for groceries can be linked with a volunteer shopper. The shopper will pick up a grocery list at a senior's home, go to a local supermarket of the senior's choice, purchase the groceries, and help the senior unpack and store the food. Seniors pay only for the actual cost of the groceries purchased.

**Books on Wheels:** A senior volunteer will pick up books, DVDs or books on tape at the library and deliver them to the home of a senior who can't get out to the library. Two to three weeks later the volunteer will return, pick up the material, and deliver fresh material. This program is operated in collaboration with the Goodnow Library.

## NUTRITION

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$3.00** a meal is requested. Meals provided by BayPath Elder Services.

**Luncheons:** The Senior Center, through BayPath Elder Services, offers a hot noontime luncheon a few times each month at 12:00 PM. To participate, seniors should call the Center to reserve a spot by (at minimum) 10:00 AM on Monday of that week. A **\$3.00** donation per meal is suggested. Schedule available in monthly newsletter.

## SAFETY

**Lock Boxes:** Lock boxes are small safes attached to the outside of a home. In the safe is a key to the house. The only group with a key to the lock box is the Sudbury Fire Department. In case of an emergency, the key can be used by a firefighter to gain entrance to the house without breaking down the door. A donation of **\$60** is requested to purchase another lock box for a senior who cannot afford one.

**Space Heater Swap:** The Senior Center volunteers will replace a dangerous space heater in a senior's home with a new, safer, heater free of charge.

**Mercury Recovery Program:** Twice a year, the Senior Center has a Mercury Collection day to collect items with mercury and dispose of them properly.

## VOLUNTEER OPPORTUNITIES

The Senior Center has many volunteer opportunities, including: delivering meals, friendly visits, In-Home Fix-it, Sand bucket delivery, newsletter mailings, special events, and more. To learn about volunteer opportunities, leave your name and number at the Senior Center and Volunteer Coordinator Ed Gottmann will call you.

## SENIOR CENTER ACTIVITIES

A variety of programs, classes, and social events are offered at the Sudbury Senior Center. These include lifelong learning classes, exercise and fall prevention programs, nutrition and health education, luncheons, entertainment and social events, arts and crafts, card games, movies, intergenerational events, and opportunities to volunteer. For a complete listing of events available each month, consult the *Sudbury Senior Scene*, the Senior Center newsletter, available at the Senior Center, online and by mail.

**Intergenerational Programs:** In collaboration with the Sudbury schools, senior volunteers meet with elementary age students for a curriculum designed to foster communication and break stereotypes of aging. The Sudbury Council on Aging coordinates a program with the Lincoln-Sudbury Regional High School, in which seniors with business entrepreneurial experience visit economics students providing feedback on their business plans, and sharing their life experience. Call for information on possible new programs.

## ADVOCACY

**Sudbury Tax Work-off Program:** The Senior Center coordinates a program through which seniors and veterans can receive a \$1000 abatement from their property taxes by working for a Town department for 100 hours during a calendar year. Every attempt is made to match senior's interests and skills with the needs of the departments. However, a position is not guaranteed.

**Transportation:** Through its involvement with the MetroWest Regional Transit Authority (MWRTA) at [www.mwrta.com](http://www.mwrta.com), the Senior Center is working to improve transportation options for all Sudbury residents.